



Tewksbury Senior Center

Senior Moments

175 Chandler Street • Tewksbury, MA 01876
 P: 978-640-4480 F: 978-640-4483

March 2015

Volume 07 Issue 3

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Barbara L'Italien, Champion of Senior Issues, is Tewksbury's New Senator



As the town's new senator, I wanted to introduce myself and invite you to contact my office staff if we can be of service. While I am new to the Senate, I previously served in the House of Representatives for eight years from 2003 to 2011. As a representative, I developed and guided many successful proposals and bills aimed at helping seniors and their families.

Prior to starting my political career, I was a social worker who served the elderly. My family, including my husband Kevin and our four children, care for my 90-year-old mother in our home in Andover. I am very familiar with the many challenges and obstacles seniors face today. Before starting a career in politics, I worked at Elder Services of Merrimack Valley, the Massachusetts Elder Abuse Hotline and West Suburban Elder Services.

One of my most important initiatives in the House of Representatives was a community-based care program called Caring Homes, which delays seniors from entering nursing homes by providing financial relief to their families who care for them in their homes. I worked with other legislators to pass the "Choices" bill to provide broader access to community based care for elders and the disabled through a Federal Medicaid Waiver. My advocacy resulted in funding to ensure that seniors receive counseling regarding community-based programs at the point of hospital discharge.

I also worked to ensure that Prescription Advantage, senior circuit-breaker tax relief and Council on Aging programs remain funded and the safety and well-being of all seniors are ensured.

One of my top priorities this year as vice chairman of the Legislature's Joint Committee on Elder Affairs is to pass a bill to help more seniors qualify for home care services. This vital program helps seniors remain living in their home by providing assistance with personal care, meals, shopping and housework. In Massachusetts, there are currently about 9,000 "near-poor" elderly individuals who have significant healthcare needs but are not income-eligible for home care services. This legislation would allow home care to serve elders with incomes above \$26,168 but below \$35,010

I look forward to seeing everyone at the monthly office hours I plan to hold at the Senior Center on Chandler Street. My next scheduled visit is March 31 from 10 to 11 a.m. If I can be of service in the meantime, please feel free to contact my constituent services aide Joseph Thibodeau at 617-722-1612. *State Sen. Barbara L'Italien, D-Andover, represents Andover, Lawrence, Dracut and Tewksbury. She replaced Barry Finegold in January.*



My Mission as Your Director: *To enhance the lives of our Senior Citizens by identifying their needs and developing programs, activities, community involvement and resources to provide them with an independent and enriched quality of life. ~Ashley*

Durable Medical Equipment

Often times, durable medical equipment is not covered by insurance and can be quite costly. We can help! The Senior Center loans equipment to those in need, such as walkers, canes, wheelchairs, commodes, raised toilet seats, crutches, bed rails and more!!! We also have disposable briefs to offset costs for those experiencing incontinence. In return, we accept equipment donations to maintain our supply. We are currently in need of shower seats and benches. Thanks!!



Every visit to the Senior Center counts! Make sure to sign in on the touchscreen each time you visit, choosing ALL of the activities you plan on attending for the day. The better the numbers, the more likely we are to get funding through grants. And of course, if you are having trouble, we are more than willing to help!

Powerful Tools for Caregivers

A class for family caregivers

Class size is limited, and registration is required.

Powerful tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country.

This class series meets for two hours once a week for six weeks. To register please call Robin May at 978-884-1357.

Wednesday's
1:00PM - 3:00PM
March 18th - April 29th
(No Class April 8th)

Tewksbury Council on Aging
175 Chandler Street
Tewksbury, MA



Merrimack Valley Hospice
Affiliated with Home Health VNA and HomeCare, Inc.

360 Merrimack Street, Building 9, Lawrence, MA 01843 · 800-933-5593 · www.MerrimackValleyHospice.org

SNOW SHOETING AT THE TEWKSBURY COUNTRY CLUB



When: Fridays 11AM- 12PM

Starting January 23rd if there's snow. If not, then February 6th

Where: Tewksbury Country Club (Meet in the parking lot near the 1st tee)

Why: To make winter fun, to get fresh air and to keep moving!

Important Telephone Numbers for Seniors:

Ambulance	911
Alzheimer's Association	1-800-548-2111
American Cancer Society	1-800-227-2345
American Diabetes Association	1-899-342-2383
American Red Cross	www.redcross.org
Community Teamwork	978-459-0551
Elder Abuse Hotline	1-800-922-2275

Elder Services of the Merrimack Valley 1-800-892-0890

(Call this # to report Elder Abuse)

MA Office of Elder Affairs	1-800-882-2003
Medicare	1-800-633-4227
MCPHS Pharmacy Outreach	1-866-633-1617
Social Security	1-800-772-1213
Tewksbury Fire Department	978-640-4411
Tewksbury Food Pantry	978-858-2273
Tewksbury Police Department	978-640-4385

Thank you to all of the individuals and organizations that compose articles for this newsletter. We just ask that you submit them no later than the 15th of the previous month and keep them short & sweet. READERS: We are always looking for new and interesting material to include in our newsletter. If you are interested in submitting an item for an upcoming newsletter please see Ashley. Happy Writing!

Sorry, we ran out of room. Check back in April for Our Volunteer of the month

Council on Aging- (978) 640-4480

Ashley Stuart, MS, LSW
Council on Aging Director
astuart@tewksbury-ma.gov

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Senior Clerk Secretary
jconole@tewksbury-ma.gov

Bob Noel
Maintenance

Council on Aging Board Members:

Virginia Desmond- Chair

Joel Deputat- Vice Chair

Lorene Patch- Treasurer

Joan Unger- Clerk

Joanne Aldrich

Marie Durgan

Peg Keefe

Paul McNaught

Patty Sasso

Kathy Walsh

Arlene Wright

Melissa Johnson- Recording Secretary

Board of Health- (978) 640-4470

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Lisa Downey
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**** Prizes for Our Readers ****

Some intentional and maybe not so intentional mistakes have been made in this month's newsletter. Find one and you'll be entered into a raffle to win a prize.

If you find a mistake see Jan to enter your name.

The winner from last month was:

John Paul Johndrow

St. Patrick's Day- Tuesday, March 17, 2015

Submitted by Marilyn Hebert

Every year on March 17th, the Irish and the Irish-at-heart across the globe observe St. Patrick's Day. What began as a religious feast day for the patron saint of Ireland has become an international festival celebrating Irish culture with parades, dancing, special foods and a whole lot of green.

More than 100 St. Patrick's Day parades are held across the United States—New York and Boston are home to the largest celebrations. Since around the ninth or tenth century, people in Ireland have been observing the Roman Catholic feast day of St. Patrick on March 17th. Interestingly, however, the first parade held to honor St. Patrick took place not in Ireland but here in the United States. On March 17, 1762, Irish soldiers serving in the English military marched through New York City along with their music. The parade helped the soldiers reconnect with their Irish roots as well as with fellow Irishmen serving in the English army.

Over the next 35 years, Irish patriotism among American immigrants flourished, prompting the rise of so-called "Irish Aid" societies like the Friendly Sons of St. Patrick and the Hibernian Society. Each group would hold annual parades featuring bagpipes (which actually first became popular in the Scottish and British armies) and drums.

Today people of all backgrounds celebrate St. Patrick's Day, especially throughout the United States, Canada, and Australia. Although North America is home to the largest productions, St. Patrick's Day is celebrated in many other locations far from Ireland, including Japan, Singapore and Russia.

In modern day Ireland, St. Patrick's Day was traditionally a religious occasion. In fact, up until the 1970's, Irish laws mandated that pubs be closed on March 17th. Beginning in 1995, however, the Irish government began a national campaign to use interest in St. Patrick's Day to drive tourism and showcase Ireland and Irish culture to the rest of the world. Today approximately 1 million people annually take part in Ireland's St. Patrick's Festival in Dublin, a multi-day celebration featuring parades, concerts, outdoor theater productions and fireworks.

LIST OF SPECIAL EVENTSMonday, March 2nd

2-6PM Upscale Intake Night

Thursday, March 5th

7AM Departure to Foxwoods

Friday, March 6th

9:30AM Friends Activity Meeting

Monday, March 9th

12:30PM Cootie Party

Tuesday, March 10th

10AM Diabetes Academy

12:30 GAC Meeting

Friday, March 13th

6PM Friends St. Patrick's Dinner & Dance

Monday, March 16th

10AM MS Support Group

Wednesday, March 18th

8:45AM Departure to Stoneham Theatre

"Walking the Tightrope"

12:30PM COA Board Meeting

6:00PM Red Hat Buffalo Bingo

Thursday, March 19th

9AM- 3:30PM Foot Care Clinic

9:30AM Parkinson's Support Group

Friday, March 20th

7PM Silvertones Dance

March 23-25th

GAC Trip to the Beacon in Lincoln, NH

Thursday, March 26th

9AM- 3:30PM Foot Care Clinic

Saturday, March 28th

9AM-2PM Friends of the Elderly Yard Sale

Monday, March 30th

11:30AM DJ Jon Afternoon Dance \$6 p/p

Tuesday, March 31st

9:30-11AM Rep. Jim Miceli's Office Hrs

10-11AM Sen. Barbara L'Italien Office Hrs

Golden Age Club News*Submitted by Rose McKenna*

By the time this is being read, I hope we see the bare grounds out there. Yes, while I am typing this that white beautiful stuff is falling from the sky. Everything looks so clean and beautiful, but I would like to get up tomorrow and have it all disappear. I think we have had enough for the next three years. If you agree when you read this I want to hear a great big YEH YEH YEH.

Things have been slow for everyone. I have been working from home and I now have three trips posted on the Golden Age Club board. The first is March 23-25, for the Beacon in Lincoln, NH. Because of all the snow and my absence from the center, I am collecting full payment for this trip.

The next trip is from May 12-15 for Villa Roma in the Catskills of New York. And the third is from June 18-19 to Foxwoods and Mohegan Sun. I am now taking deposits for all of these trips and more trips will be posted as soon as they are finalized.

On April 21st, from 12-3PM, the GAC is having its Annual Penny Sale. This is always a fun day. We are asking for donations of new or slightly used articles. There will be lots of prizes, baskets, money wreaths and lots of good stuff. Last year we had a great selection of items— thanks to all of you who donated. More on this will be posted on our GAC Board and discussed at our next meeting, which is on March 10th, starting at 12 Noon.

The proceeds from the Penny Sale will benefit our school scholarships. Last year we gave scholarships to grandchildren of our Golden Age Club members, so please help us put a smile on our grandchildren's faces and come on down and have some fun. Its been a long winter, now we can unwind!

**DO YOU NEED ASSISTANCE WITH YOUR FEET?
SIGN UP FOR OUR FOOT CARE CLINIC**

WHO: Catherine Languedoc RN BSN, CFCN
(Certified Foot Care Nurse)

WHEN: 3rd Thursday of Every Month

WHERE: Senior Center Nurses Office



AARP Tax Help Every Tuesday & Thursday, by appointment only

Friends of the Elderly, Inc.

Submitted by Linda Brabant

As you all know our New England winter weather has been an imposition to all of us. It also had an effect on the Friends Valentine's Dance. However, those that attended did enjoy themselves. This year three couples were to be honored. However, due to illness and the weather none were able to attend. Special "Congratulations" along with a citation from Representative James Miceli and several gifts were delivered to the following couples: Adrian and Ann Doyle – 54 years; Robert and Jean Barker – 51 years; and, Donald Sutherland and his wife Gabriele Bronner – 50 years. We wish you all the very best.

A Friends of the Elderly Activities Meeting has been scheduled for Friday, March 6th at 9:30 AM. All are welcome to attend.

Hopefully, it will stop snowing by the next Friends event which is the St. Patrick's Dinner and Dance of Friday, March 13th. Due to the fact that this event includes a corned beef and cabbage dinner, we ask that people purchase their tickets prior to the event. Tickets are \$15 per person and are available at the door. Dinner will be served at 6:00 PM followed by dancing to the sounds of the Perfect Match Band.

The Friends of the Elderly will hold a Giant Yard Sale at the Tewksbury Senior Center on Saturday, March 28th from 9:00 AM to 2:00 PM. The public is welcomed to reserve a table for this event. Table space is available at \$15/table or \$25/two tables. Reservations are now being accepted at the Senior Center. The yard sale will feature many treasure tables, a bake sale table and luncheon specials. For more information one may call the Senior Center at 978-640-4480 or Linda at 978-851-4243. Hope to see you and sunshine on March 28th.

The next casino day trip will be a visit to the Mohegan Sun on Monday, April 6th. Ticket sales will begin on March 9th at 8:15 AM. The trip cost is \$30 and includes motor coach transportation, a casino package and the driver gratuity.

God Bless our Troops – God Bless America

RED HAT NEWS

Submitted by Diane Joy

Who Am I?

I grew up in Woburn and graduated from Woburn High School. I moved to Tewksbury in 1948. However, I first came to Tewksbury to stay at a "vacation cottage". I met my husband while staying at the cottage because his parents were across the street from me. I was married for 31 years before my husband passed away. My father made many pieces of my furniture, which I still have today. Some of the pieces I still have are my bed set and coffee table. Everyone in my family has a piece that he made. I have two wonderful sons. I worked for an office temp agency and "temped" at many places. I also worked as an infant day care provider at the Tewksbury Hospital and in the Meat Department of Market Basket.

After my husband passed away, I started to volunteer at the Senior Center and have been here for 32 years now.

Some of my past hobbies were oil painting, crocheting, and quilting. I am still quilting and enjoy every minute of it. In the past, I was president of the GAC for 10 years and am currently the Vice-President. I was formerly the chairperson of the COA Board. I love to get out and talk to people.

Answer on Page 8

UPCOMING: March 18th—Buffalo Bingo
April 15th—Movie & Ice Cream
Sundays

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>9:00 Forever Fit 9:30 Men's Yoga 9-11:30 VNA Nurses Clinic 10:15 Therapeutic Yoga 12:40 Bone Builders #2 1:00 Bunka Embroidery 2:00 Bone Builders #1 3:30 Gentle Yoga 2-6 Upscale Intake Night</p>	<p>8:30 Tai Chi 8:45 TOPS Weigh In/ Mtg. 9:30 Wood Carving 9:45 Mov'n & Grov'n Exercise 10-2 AARP Tax Help- By apt only 11:30- 4 Piecemakers for Charity 12:30 45's 12:45 Zingo 1:00 Independent Painting</p>	<p>8:15 Bone Builders #3 9:00 Arts & Crafts 9:00 Quilting 9:30 In-house Pool Tournament 9:30 Men's Mind & Muscle 10-12 Town Nurse Office Hours 10:30 Country Line Dance Class 12:30 Cribbage 12:30 Mah Jong 12:30 Stained Glass 12:40 Bone Builders #2 2:30 Gentle Yoga 2:30 45's *Please note that the casino trip will take place on Thurs. in March</p>	<p>7AM Departure to Foxwoods 9:00 Diet Workshop 9:30 Wii Bowling League 9:30 Traditional Line Dance 10-2 AARP Tax Help- By apt only 10:30 Body Works 12:30 Experienced Yoga 12:30 Whist 1:00 Bunka Embroidery 2:00 Bone Builders #1</p>	<p>8:30 Walking Club 9:30 Bone Builders #3 9:30 Friends Activity Meeting 9:30 Parkinson's Support Group 10-2 SHINE Rep 11- 12 Snowshoeing TCC 12:30 International Mah Jong The Billiards Room is open daily from 8AM-4PM. There is a tournament with other centers every Wednesday from 9:30AM- 12PM</p>
<p>9:00 Forever Fit 9:30 Men's Yoga 9-11:30 VNA Nurses Clinic 10:15 Therapeutic Yoga 12:40 Bone Builders #2 12:30 Cootie Party 1:00 Bunka Embroidery 2:00 Bone Builders #1 3:30 Gentle Yoga</p>	<p>8:30 Tai Chi 8:45 TOPS Weigh In/ Mtg. 9:30 Wood Carving 9:45 Mov'n & Grov'n Exercise 10-2 AARP Tax Help- By apt only 10:00 Diabetes Academy 11:30- 4 Piecemakers for Charity 12:30 45's 12:30 GAC Meeting, with ZINGO following 1:00 Independent Painting</p>	<p>8:15 Bone Builders #3 9:00 Arts & Crafts 9:00 Quilting 9:30 In-house Pool Tournament 9:30 Men's Mind & Muscle 10-12 Town Nurse Office Hours 10:30 Country Line Dance Class 12:30 Cribbage 12:30 Mah Jong 12:30 Stained Glass 12:40 Bone Builders #2 2:30 Gentle Yoga 2:30 45's</p>	<p>9:00 Diet Workshop 9:00 Men's Group 9:30 Wii Bowling League 9:30 Traditional Line Dance 10-2 AARP Tax Help- By apt only 10:30 Body Works 12:30 Experienced Yoga 12:30 Whist 1:00 Oil Painting 1:00 Bunka Embroidery 2:00 Bone Builders #1</p>	<p>8:30 Walking Club 9:30 Bone Builders #3 10-2 SHINE Rep 11- 12 Snowshoeing TCC 12:30 International Mah Jong 6:00PM Friends of the Elderly St. Patrick's Day Corned Beef Dinner & Dance</p> 
<p>9:00 Forever Fit 9:30 Men's Yoga 9-11:30 VNA Nurses Clinic 10:15 Therapeutic Yoga 10:00 MS Support Group</p>	<p>8:30 Tai Chi 8:45 TOPS Weigh In/ Mtg 9:30 Wood Carving 9:45 Mov'n & Grov'n Exercise 10-2 AARP Tax Help- By apt only</p>	<p>8:15 Bone Builders #3 8:45 Departure to Stoneham Theatre- Walking the Tightrope 9:00 Arts & Crafts 9:00 Quilting</p>	<p>9:00 Diet Workshop 9:00-3:30 Foot Care Clinic 9:30 Wii Bowling League 9:30 Traditional Line Dance 10-2 AARP Tax Help- By apt only</p>	<p>8:30 Walking Club 9:30 Bone Builders #3 9:30-12:30 DIY Seasonal Decorations 10-2 SHINE Rep</p>

<p>10:00 MS Support Group</p> <p>12:40 Bone Builders #2</p> <p>12:30 Cootie Party</p> <p>1:00 Bunka Embroidery</p> <p>2:00 Bone Builders #1</p> <p>3:30 Gentle Yoga</p> <p>* Newsletter Submissions Due*</p>	<p>10:00 Diabetes Academy</p> <p>11:30- 4 Piecemakers for Charity</p> <p>12:30 45's</p> <p>12:45 ZINGO</p> <p>1:00 Independent Painting</p> <p>HAPPY ST. PATRICK'S DAY</p> 	<p>9:00 Quilting</p> <p>9:30 Inhouse Pool Tournament</p> <p>9:30 Men's Mind & Muscle</p> <p>10-12 Town Nurse Office Hours</p> <p>10:30 Country Line Dance Class</p> <p>12:30 Cribbage</p> <p>12:30 Mah Jong</p> <p>12:30 COA Board Meeting</p> <p>12:30 Stained Glass</p> <p>12:40 Bone Builders #2</p> <p>2:30 Gentle Yoga</p> <p>2:30 45's</p> <p>6:00 Red Hat Buffalo Bingo</p>	<p>10:30 Body Works</p> <p>12:30 Experienced Yoga</p> <p>12:30 Whist</p> <p>1:00 Oil Painting</p> <p>1:00 Bunka Embroidery</p> <p>2:00 Bone Builders #1</p> <p>- The Snooti Patooti Gift Shop is open daily from 10AM-4PM</p> <p>-The Upscale Consignment Shoppe's hours remain 11AM- 3PM Mon-Thurs</p>	<p>10-2 AARP Tax Help- By apt only</p> <p>10-2 SHINE Rep</p> <p>11- 12 Snowshoeing TCC</p> <p>12:30 International Mah Jong</p> <p>7:00 PM Silvertones Dance</p>
<p>9:00 Forever Fit</p> <p>9:30 Men's Yoga</p> <p>11-1 VNA Nurses Clinic</p> <p>10:15 Therapeutic Yoga</p> <p>12:40 Bone Builders #2</p> <p>1:00 Bunka Embroidery</p> <p>2:00 Bone Builders #1</p> <p>3:30 Gentle Yoga</p> <p>Monday March 30th</p> <p>9:30AM-12PM VNA Nurses Clinic</p> <p>11:30AM DJ Jon Dance</p>	<p>8:30 Tai Chi</p> <p>8:45 TOPS Weigh In/ Mtg</p> <p>9:30 Wood Carving</p> <p>9:45 Mov'n & Grov'n Exercise</p> <p>10-2 AARP Tax Help- By apt only</p> <p>11:30- 4 Piecemakers for Charity</p> <p>12:30 45's</p> <p>12:45 Zingo</p> <p>1:00 Independent Painting</p> <p>Tuesday March 31st</p> <p>9:30-11AM Rep James Miceli</p> <p>Office Hours</p> <p>10-11AM Senator Barbara L'Italian</p> <p>Office Hours</p>	<p>8:15 Bone Builders #3</p> <p>9:00 Arts & Crafts</p> <p>9:00 Quilting</p> <p>9:30 Inhouse Pool Tournament</p> <p>9:30 Men's Mind & Muscle</p> <p>10-12 Town Nurse Office Hours</p> <p>10:30 Country Line Dance Class</p> <p>12:30 Cribbage</p> <p>12:30 Mah Jong</p> <p>12:30 Stained Glass</p> <p>12:40 Bone Builders #2</p> <p>2:30 Gentle Yoga</p> <p>2:30 45's</p>	<p>9:00 Diet Workshop</p> <p>9:00 Men's Group</p> <p>9:00-3:30 Foot Care Clinic</p> <p>9:30 Wii Bowling League</p> <p>9:30 Traditional Line Dance</p> <p>10-2 AARP Tax Help- By apt only</p> <p>10:30 Body Works</p> <p>12:30 Experienced Yoga</p> <p>12:30 Whist</p> <p>1:00 Oil Painting</p> <p>1:00 Bunka Embroidery</p> <p>2:00 Bone Builders #1</p>	<p>8:30 Walking Club</p> <p>9:30 Bone Builders #3</p> <p>9:30-12:30 DIY Seasonal Decorations</p> <p>10-2 SHINE Rep</p> <p>11- 12 Snowshoeing TCC</p> <p>12:30 International Mah Jong</p> <p>Saturday March 28th</p> <p>9AM- 2PM- Friends of Elderly</p> <p>Giant Yard Sale</p> <p>\$15/table or \$25/2 tables</p>

DO YOU SUFFER FROM FOOT PAIN?

The **Foot Health Center of Merrimack Valley** is the most advanced Podiatry Practice in the area. Our team of 3 Board Certified* Podiatrists offer state of the art technology at our two convenient locations. We provide excellence in our Specialty and have a Passion for putting our patients first.

We can Help! Call us today with any foot pain related issue

**SPORTS INJURIES • ACHILLES TENDONITIS • FLAT FEET • DIABETIC CARE
FUNGAL TOENAILS • PLANTAR FASCIITIS • RECONSTRUCTIVE SURGERY**



Kathleen O'Keefe, DPM
Board Certified*



Christine Dalrymple, DPM
Board Certified*



Teresa Burtoft, DPM
Board Certified*

1565 Main St. #102
Tewksbury, MA 01876
978-640-1010



**Foot Health Center of
Merrimack Valley, PC**

www.WeFixYourFeet.com

*Certified by the American Board of Podiatric Surgery

AARP Tax Assistance

Please be sure to bring the following items to your tax appointment:

- ◆ Last year's tax return
- ◆ Any W-2 forms you received
- ◆ Any 1099 forms you received
- ◆ Documentation on:
 - ◇ Interest earned
 - ◇ Dividends
 - ◇ Winnings
 - ◇ Social Security Statement
 - ◇ Pension Statement
 - ◇ Deductions for medical expenses (Proof of out-of-pocket costs)
 - ◇ Mortgage/Mort. Interest
 - ◇ Mortgage Insurance
 - ◇ Tax Bill for all 4 quarters
 - ◇ Sewer/water bills



H O T T U L I P Y G A P R B
 V E R B E N A L E I Y O E E
 D Y N C L L I R R O S P T G
 U H E I H L O E K E N P S O
 K A L S M I T I A S A Y A N
 P A I Y U S D G V I P X G I
 C H T N I C A Y H D L U E A
 A Y J W U R S J B L B H R K
 E D J O D T L I D O F F A D
 L A V E N D E R B G S H N D
 A S N R A Q K P Z I N N I A
 Z I C R O C U S R R H Z U I
 A C O S M O S I L A X O M S
 X O L H P X H G L M F X K Y

POLLEN NATION

- | | | | |
|----------|----------|----------|----------|
| Aster | Azalea | Begonia | Cosmos |
| Crocus | Daffodil | Dahlia | Daisy |
| Gardenia | Geranium | Hibiscus | Hyacinth |
| Iris | Jasmine | Jonquil | Larkspur |
| Lavender | Lilac | Lily | Marigold |
| Orchid | Oxalis | Pansy | Peony |
| Petunia | Phlox | Poppy | Rose |
| Tulip | Verbena | Violet | Wisteria |
| Zinnia | | | |

*****Please note that tax assistance is provided by volunteers. Taxpayers with complex tax forms are advised to seek paid tax help.***

Elder Services of the Merrimack Valley, Inc.
Choices for a life-long journey

“A private non-profit agency serving elders and disabled adults who reside in Northeast Massachusetts. Established in 1974, [their] mission is to support an individual’s desire to make their own decisions, secure their independence, and remain living in the community safely.”

1-800-892-0890



Who Am I? Answer: Rose McKenna

PLEASE BE CAREFUL!!!

WE HAVE NOTICED AN INCREASE IN PEOPLE EXITING THE PARKING LOT THROUGH THE ENTRANCE. THIS CREATES A VERY DANGEROUS SITUATION BECAUSE CARS COMING INTO THE PARKING LOT DO NOT EXPECT A CAR TO BE COMING AT THEM. LETS AVOID HEAD ON COLLISIONS!!!



We are always looking for new ideas when it comes to our DAY TRIPS. Submit your ideas in to the suggestion box on Jan’s desk , including your name and # and we will be in touch and see what we can do!

March 2015 Client Menu

MVNP (978) 686-1422

<p>2 Chicken Louisiana Brown Rice Peas Fresh Orange Oatmeal Bread</p> 	<p>3 Shaved Steak with Peppers and Onions / Mustard Carrots Peaches Hamburger Roll</p>	<p>4 Pop-Corn Chicken Sweet & Sour Sauce Dirty Rice / Green Beans Ice Cream Cup Snowflake Roll</p>	<p>5 Roast Pork with Gravy Red Bliss Whip Potatoes Mixed Vegetables Mixed Fruits Multigrain Bread</p> 	<p>6 Lawrence Asian Special Baked Fish Florentine White Rice Winter Blend Veggies Lorna Doones Dinner Roll</p>
<p>9 Sweet & Sour Meatballs White Rice Scandinavian Vegetables Peaches Light Rye Bread</p>	<p>10 Garlic Baked Chicken Bkd Potato & LF Sour Crm Peas and Carrots Cranberry Sauce Pears / Biscuit</p>	<p>11 See Site Special Flies Cheese Lasagna with Meat Sauce Italian Blend Vegetables Fresh Orange Italian Bread</p>	<p>12 Roast Turkey with Gravy Whip Potatoes & Chives Green & Gold Beans Ice Cream Cup Whole Wheat Dinner Roll</p>	<p>13 Krunch Lite Fish Oriental Rice Broccoli Gelatin / Diet Gelatin Whole Wheat Bread</p> 
<p>16 New Orleans Diced Chicken White Rice Peas & Carrots Pineapple Whole Wheat Dinner Roll</p> 	<p>17 Salisbury Steak with Gravy Red Bliss Whip Potatoes California Blend Veggies Peaches Multigrain Bread</p>	<p>18 Chicken Fillet Whip Potatoes & Chives Chuckwagon Corn Cranberry Sauce Fresh Apple Italian Bread</p>	<p>19 Birthday Meal <i>High Sodium Meal</i> Corn Beef Boiled Potato Carrots & Brussel Sprouts Birthday Cake / Plain Diets & MOWs / Dinner Roll</p>	<p>20 Lemon Baked Fish Potato Wedges / Ketchup Mixed Vegetables Chocolate Pudding Diet Pudding Multigrain Bread</p>
<p>23 Teriyaki Chicken White Rice Country Blend Vegetables Peaches Whole Wheat Dinner Roll</p>	<p>24 Macaroni and Cheese Zucchini and Stewed Tomatoes Pears Italian Bread</p>	<p>25 High Sodium Meal  LS Hot Dog Baked Beans Chuckwagon Corn Mustard & Relish Fresh Orange Hot Dog Roll</p>	<p>26 Beef Meatloaf with Gravy Garlic Whip Potatoes Vegetable Medley Mixed Fruits Light Rye Bread</p>	<p>27 Creole Baked Fish Roasted Red Potatoes Italian Blend Veggies Ice Cream Cup Multigrain Bread</p>
<p>30 Apricot Glazed Chicken White Rice California Blend Veggies Butterscotch Pudding Snowflake Dinner Roll</p>	<p>30 Stuffed Shells with Meat Sauce Broccoli and Cauliflower Fruit Cocktail Italian Bread</p>	<p>KEY: Kcal = Kilocalories Na+ = Sodium mg. CHO = Carbohydrates in Grams % Fat = % Kcal from Fat All Meals served with Margarine & 1% Milk</p>	<p>Home Delivered Meal Diabetic clients may consider reserving some meal items for a snack. Congregate participants can reserve packaged dessert, bread and milk.</p>	<p>Nutrient Analysis meets 1/3 of the RDI (Recommended Daily Intake) Suggested Donation \$2.00 per meal.</p>

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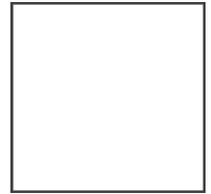
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Thank you for your cooperation, Ashley Stuart- COA Director and members of the COA Board

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